ABSTRACT
A unique fundamental concept in Ayurveda for the pathogenesis of many diseases is Vegdharana which means ill advised suppression of natural urges and certain Ayurvedic compendia have given detailed discriptions of many non-suppressible natural urges. Out of which Most commonly seen is mutraveg dharan that is suppression of the urge of micturation. Here in this work 97 individuals belonging to different professions were studied and their micturation pattern was evaluated with the help of questionnaire and their symptoms were assessed and graded according to severity seen. Out of 97 study population 23 participants (23.17%) showed mild symptoms of mutraveg dharan, 69 participants (71.13%) showed moderate symptoms of mutraveg dharan and 5 participants (5.14%) showed severe symptoms of mutra veg dharan. Tendency of mutra veg dharan is higher for shopkeepers than the other occupations. Followed by drivers then doctors then students and it is least for teachers Severity of symptoms seen of mutraveg dharan is higher for shopkeepers than the other occupations, followed by drivers, doctors and then teachers. It is least for students. Vankshan Anah (stiffness in the groin region) is the most common symptom arising due to mutra veg dharan and bastimehan shool (pain in the groin region)shiroruja(headache) and mutrakrucchra(painfull micturation) are the next common symptoms’ respectively. Vinam(forward bending due to pain) is the least common symptom arising due to mutra veg dharan. This study in mutra vegadharana which is proposed as a pathogenic factor in Ayurveda may offer a shift in the paradigm for understanding the causes of many ano rectal diseases and also help us to understand the work culture of various professions and the need of facilities for them to ensure good health.
KEYWORDS: Ayurveda, suppression, micturation, mutraveg dharan, professions.

INTRODUCTION
Ayurveda has always taken a holistic approach. Focussing not only on the physical well being but also on the mental wellbeing. It is for this very purpose dinacharya and rutucharya that is guidelines for the necessary changes in lifestyle on a day to day basis and proposed changes in lifestyle according to various seasonal changes have been mentioned in the texts.

One of the important factors of this dinacharya is having regular bowel habits and never suppressing ones urge of micturation, hunger, sleep, thirst etc.

The suppression of natural urges is called veg dharan. Vegdharan has been defined in ayurvediya samhitas as
vegsandharanm anarogya karanam shreshtham
Ch.Su.25/40

This states that vegdharan has been considered to be one of the main causes of ill health and hence causes diseases.

Rogah sarveapi jayante vegodiran dhranaihee
A.Hru.Su.5/22

In this shlok Acharya Vagbhat has reinterated that suppression of natural urges is the cause of many or even most diseases.

In todays life style there are numerous causes of vegdharan one among them is shortage of time. In this constant rush and rat race we many times ignore our body’s basic requirements like hunger, thirst sleep etc. One another factor which every one of us knowingly or unknowingly ignores or most of the times suppress is the urge to micturate.

Another cause of suppression of micturation is unavailability of proper facilities for urination. India today has entered the 21st century. While on one side we boast about advancement in technologies like the Mangalayan and strive towards a digital India. We still lack basic infrastructure like public urinals and toilets. Another cause of veg dharan is nature of job. Some professions are highly demanding, requiring continuous working hours and very few or limited breaks e.g. drivers, shopkeepers, doctors etc such job patterns lead to continuous ignorance of natural urges of micturation over long periods of time.
Mutraveg has been given utmost priority due to its krama mahatmya that is order of importance. Mutra causes kled vahnam that is it removes excess moisture from the body. It is the byproduct of the metabolism of our body which is the product of digestive process. Any obstruction to this process causes increase in vaata doshas especially apan vayu thus giving rise to mutra vegdharan symptoms in our body.

In this study persons who control their urge of micturation have been screened for their tendency of suppression of micturation and their symptoms have been observed. This study will help us to evaluate the causes and symptoms of mutraveg dharan and hence patients can be counseled accordingly in order to ensure a healthy lifestyle. This study will also help us to understand the individuals who have to control the urge of micturation and thus are affected by the associated symptoms.

As controlling natural urges has been considered to be one of the main reasons of health problems this study will help us further evaluate this fact which has still not been recognized as a cause of diseases by modern science. This study will also help us understand the work culture of various professions and the need for amenities and infrastructure to facilitate better working environment.

AIM
To observe and assess the symptoms of suppression of natural urge of voiding in persons who suppress their urge of micturation.

OBJECTIVES
1. To assess the tendency of suppression of urge to void among individuals working in different professions in Pune city.
2. To observe the symptoms of mutraveg dharan in these individuals with respect to Charak.
3. To assess these symptoms of mutraveg dharan and evaluate according to the grades of severity.

METHOD
The present study is an observational study. It was undertaken on population working in different sectors of Pune who tend to suppress their urge of micturation due to their nature of job. A peer reviewed questionnaire was used to access the tendency of mutraveg dharan by the individual and were assessed with the help of questionnaire based upon the symptoms of
*charak samhita* and graded according to the degree of severity seen in them.

The present symptoms are categorized as mild moderate and severe.

**Assessment Criteria**

Assessment of was done exclusively by scoring the symptoms given in Ayurvedic compendia CHARAK SAMHITA as follows-

1. Bastimehan, shool – Pain in the area of urinary bladder and urinary duct
2. Shirorujha – Headache
3. Vinam-Forward bending of the body due to pain
4. Vankshan Anah –stiffness in groin area
5. Mutrakrucha- difficult urination

Gradation of the score of the five symptoms of mutraveg dharan were done as follows-
- Mild=1
- Moderate=2
- Severe=3

Gradation of the total score of the 5 symptoms of mutraveg dharan was done as follows

<table>
<thead>
<tr>
<th>Score of the symptoms</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-5</td>
<td>Mild</td>
</tr>
<tr>
<td>6-10</td>
<td>Moderate</td>
</tr>
<tr>
<td>9-12</td>
<td>Severe</td>
</tr>
</tbody>
</table>

**Inclusion Criteria**

1. Individuals those willing to participate in this project.
2. Individuals showing suppression of natural urge to void.
3. Adult Males and females
4. Persons belonging to different occupational sectors in the city of Pune

**Exclusion Criteria**

1. Non- cooperative individuals
2. Individual having any major disease or chronic illness or have undergone any major surgery or suffering from any complications.
3. Persons who do not suppress the urge of micturation
OBSERVATIONS

1. Table Occupation wise distribution of study population

<table>
<thead>
<tr>
<th>OCCUPATION</th>
<th>Frequency</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>DOCTOR</td>
<td>25</td>
<td>25.8</td>
</tr>
<tr>
<td>DRIVER</td>
<td>30</td>
<td>30.9</td>
</tr>
<tr>
<td>SHOPKEEPER</td>
<td>11</td>
<td>11.3</td>
</tr>
<tr>
<td>STUDENT</td>
<td>18</td>
<td>18.6</td>
</tr>
<tr>
<td>TEACHER</td>
<td>13</td>
<td>13.4</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>97</strong></td>
<td><strong>100.0</strong></td>
</tr>
</tbody>
</table>

2. Distribution of questionnaire score to assess the suppression of micturation seen among the individuals

<table>
<thead>
<tr>
<th>Score</th>
<th>Q1</th>
<th>Q2</th>
<th>Q3</th>
<th>Q4</th>
<th>Q5</th>
<th>Q6</th>
<th>Q7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score 0</td>
<td>0</td>
<td>0</td>
<td>55</td>
<td>3</td>
<td>26</td>
<td>65</td>
<td>13</td>
</tr>
<tr>
<td>Score 1</td>
<td>96</td>
<td>73</td>
<td>18</td>
<td>52</td>
<td>54</td>
<td>29</td>
<td>61</td>
</tr>
<tr>
<td>Score 2</td>
<td>1</td>
<td>24</td>
<td>24</td>
<td>42</td>
<td>17</td>
<td>3</td>
<td>23</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>97</strong></td>
<td><strong>97</strong></td>
<td><strong>97</strong></td>
<td><strong>97</strong></td>
<td><strong>97</strong></td>
<td><strong>97</strong></td>
<td><strong>97</strong></td>
</tr>
</tbody>
</table>

3. Frequency distribution of respondents according to total score of the symptoms of mutra veg dharan

<table>
<thead>
<tr>
<th>MutraVeg Dharan</th>
<th>Total Score</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>23</td>
<td>23.71</td>
</tr>
<tr>
<td>Moderate</td>
<td>69</td>
<td>71.13</td>
</tr>
<tr>
<td>Severe</td>
<td>5</td>
<td>5.14</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>97</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

23 persons (23.71%) of the study population show mild symptoms, 69 persons (71.13%) of the study population show moderate symptoms and 5 persons (5.14%) of the study population show severe symptoms of mutraveg dharan.

Fig 1 Frequency distribution of respondents according to total score of the symptoms of mutra veg dharan
4. Symptoms of Mutravegdharan

The frequency distribution of patients according to Symptoms of mutravegdharan along with its bar graph is given below.

<table>
<thead>
<tr>
<th>Grades</th>
<th>Bastimehanshool</th>
<th>ShiroRuja</th>
<th>Vinam</th>
<th>VankshanAnah</th>
<th>Mutrakruchra</th>
</tr>
</thead>
<tbody>
<tr>
<td>No symptom seen</td>
<td>15</td>
<td>16</td>
<td>75</td>
<td>14</td>
<td>17</td>
</tr>
<tr>
<td>%</td>
<td>15.5</td>
<td>16.5</td>
<td>77.3</td>
<td>14.4</td>
<td>17.5</td>
</tr>
<tr>
<td>Mild</td>
<td>21</td>
<td>12</td>
<td>16</td>
<td>18</td>
<td>13</td>
</tr>
<tr>
<td>%</td>
<td>21.6</td>
<td>12.4</td>
<td>16.5</td>
<td>18.6</td>
<td>13.4</td>
</tr>
<tr>
<td>Moderate</td>
<td>59</td>
<td>56</td>
<td>5</td>
<td>61</td>
<td>52</td>
</tr>
<tr>
<td>%</td>
<td>60.8</td>
<td>57.7</td>
<td>5.2</td>
<td>62.9</td>
<td>53.6</td>
</tr>
<tr>
<td>Severe</td>
<td>2</td>
<td>13</td>
<td>1</td>
<td>4</td>
<td>15</td>
</tr>
<tr>
<td>%</td>
<td>2.1</td>
<td>13.4</td>
<td>1.0</td>
<td>4.1</td>
<td>15.5</td>
</tr>
<tr>
<td>Total</td>
<td>97</td>
<td>97</td>
<td>97</td>
<td>97</td>
<td>97</td>
</tr>
<tr>
<td>%</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Figure 2-Symptoms of mutravegdharan

**Test 1:** A significant corelation exists between

1) Questionnaire Score i.e tendency of suppression of urge to void by individuals and Total score of symptoms of suppression of urge to void.

The null hypothesis, $H_0$

There is no significant correlation between pair stated above. Vs.

The alternative hypothesis, $H_a$

There is significant correlation between pairs stated above.
The test statistic is Pearson’s correlation coefficient

<table>
<thead>
<tr>
<th>Correlations</th>
<th>Questionnaire Score</th>
<th>Total Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Questionnaire Score</td>
<td>Pearson Correlation</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>P value (2-tailed)</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>97</td>
</tr>
<tr>
<td>Total Symptoms</td>
<td>Pearson Correlation</td>
<td>.390**</td>
</tr>
<tr>
<td></td>
<td>P value (2-tailed)</td>
<td>.000</td>
</tr>
<tr>
<td></td>
<td>N</td>
<td>97</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level (2-tailed).

If p value = 0.0000 < level of significance = 0.05, there is strong evidence to reject the null hypothesis.

CONCLUSION

A significant positive correlation exists between -
1) Questionnaire Score i.e tendency of suppression of mutraveg of individuals and Total score of symptoms of mutravegdharan seen in them Hence as one variable increases; the other also increases.

Test 2

To test if there is any change in Questionnaire Score i.e tendency of suppression of mutraveg; Total Symptoms of mutraveg dharan seen according to occupation. To test the hypotheses.

The null hypothesis, H₀

There is no significant difference in Questionnaire Score i.e tendency of suppression of mutraveg; Total Symptoms of mutraveg dharan seen according to occupation. Vs.

The alternative hypothesis, Hₐ

There is significant difference in Questionnaire Score; Total Symptoms of mutraveg dharan seen according to occupation.

The test used is one way ANOVA.
<table>
<thead>
<tr>
<th>Occupation</th>
<th>N</th>
<th>Mean</th>
<th>Std Dev</th>
<th>Mean-Std</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRIVER</td>
<td>30</td>
<td>6.9667</td>
<td>1.65015</td>
<td>.30127</td>
<td></td>
</tr>
<tr>
<td>SHOPKEEPER</td>
<td>11</td>
<td>8.2727</td>
<td>1.61808</td>
<td>.48787</td>
<td></td>
</tr>
<tr>
<td>STUDENT</td>
<td>18</td>
<td>6.0556</td>
<td>1.69679</td>
<td>.39994</td>
<td></td>
</tr>
<tr>
<td>TEACHER</td>
<td>13</td>
<td>5.7692</td>
<td>1.16575</td>
<td>.32332</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>97</td>
<td>6.7113</td>
<td>1.73180</td>
<td>.17584</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Occupation</th>
<th>N</th>
<th>Mean</th>
<th>Std Dev</th>
<th>Mean-Std</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRIVER</td>
<td>25</td>
<td>6.1200</td>
<td>2.55473</td>
<td>.51095</td>
<td></td>
</tr>
<tr>
<td>SHOPKEEPER</td>
<td>11</td>
<td>7.9091</td>
<td>1.64040</td>
<td>.49460</td>
<td></td>
</tr>
<tr>
<td>STUDENT</td>
<td>18</td>
<td>5.777</td>
<td>2.12978</td>
<td>.50199</td>
<td></td>
</tr>
<tr>
<td>TEACHER</td>
<td>13</td>
<td>5.9231</td>
<td>2.46514</td>
<td>.68371</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>97</td>
<td>6.7113</td>
<td>2.26825</td>
<td>.23031</td>
<td></td>
</tr>
</tbody>
</table>

ANOVA

<table>
<thead>
<tr>
<th></th>
<th>Sum of Squares</th>
<th>df</th>
<th>Mean Square</th>
<th>F</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Questionnaire</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Score</td>
<td>Between Groups</td>
<td>48.077</td>
<td>4</td>
<td>12.019</td>
<td>4.610</td>
</tr>
<tr>
<td>Within Groups</td>
<td>239.841</td>
<td>92</td>
<td>2.607</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>287.918</td>
<td>96</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Symptoms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Between Groups</td>
<td>75.668</td>
<td>4</td>
<td>18.917</td>
<td>4.161</td>
<td>.004</td>
</tr>
<tr>
<td>Within Groups</td>
<td>418.250</td>
<td>92</td>
<td>4.546</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>493.918</td>
<td>96</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If p value < 0.05, the level of significance; there is strong evidence to reject the null hypothesis.

CONCLUSION

There is significant difference in Questionnaire Score; Symptoms of *mutraveg dharan* according to occupation.

Means plot for Questionnaire Score

Means plot for Questionnaire Score is as given below.
The means plot suggests that tendency of suppression of mutraveg dharaṇ is higher in shopkeepers than the other occupations. It is least for teachers.

Means plot for Total Symptoms of mutraveg dharaṇ seen

Means plot for Total Symptoms is as given below.

The means plot suggests that the total Symptoms of mutraveg dharaṇ is higher in shopkeepers than the other occupations. It is least for students.
DISCUSSION

Through this study we aim to understand the importance of mutravegdharan by studying its effects on the body. This shall further help us to understand the occupations of individuals prone to suppression of urge to void and to what extent they are susceptible to diseases arising from the suppression of micturation and the severity of symptoms seen in them.

DISCUSSION ON OBSERVATIONS

1) It was noted in the study that out of 97 participants around 56.7% were male and 43.3% were female.

2) Individuals noted to be belonging to the profession of Drivers were 30.9%, followed by Doctors 25.8%, students 18.6%, teachers 13.4% and Shopkeepers 11.3%. Such a study population was taken as they are most likely to suppress the urge of micturation either due to nature of job, lack of facilities or due to habit.

Question 1- Do you have a tendency of postponing urge of micturation for a particular period of time when you are busy?

99% taking part in the research project agree to SOMETIMES having tendency of postponing the urge micturation and only 1% DO NOT show this tendency. The most common causes for this phenomenon were found to be being busy due to nature of.

Also due to lack of facilities, especially public urinals, while travelling for long distances, unable to take frequent toilet breaks due to nature of job these are the cited cause of suppression of micturation

Question 2- How many times this phenomenon happens in a week?

Due to the causes mentioned above 75.3% of persons participating in the research project agree that the tendency of suppression of micturation takes place SOMETIMES in a week. 24.7% agree that tendency of suppression of micturation takes place REPEATEDLY OR ALWAYS in a week.

Question 3- Do you have easy access to urinals in your place of work?

56.7% of the total population of the study HAVE EASY ACCESS to urinals in their place of work, 24.7% DO NOT HAVE EASY ACCESS to urinals in their place of work and 18.6% individuals SOMETIMES have access to urinals in their place of work. People who have no or limited access to urinals in their place of work have a higher tendency of suppression of
micturation due to lack of This shows that around 43.3% of the total persons taking part in the research project do facilities. not always have easy access to urinals thus showing symptoms of mutravegdharan.

**Question 4-Do you immediately respond to your urge of micturation?**
53.6% respond to their urge of micturation NOT IMMEDIATELY or only after some time, 43.3% respond to their urge of micturation only WHEN THEY ARE FREE, only 3.1% respond to their urge of micturation IMMEDIATELY inspite of being busy. That is out of 97 persons taking part in the research project 96.9% do not immediately micturate when the urge of micturation arises thus showing symptoms of mutraveg dharan. These variations are seen due to the nature of job of the individuals taking part in the study as they are continuously dealing with customers or critical patients.

**Question 5- Do you have to be at your desk/office/place of work continuously for a fixed period of time?**
55.7% of total persons taking part in the research project have to continuously be at their work station or desk only SOMETIMES, 17.5% ALWAYS have to be at place of work or desk continuously for a fixed period of time thus having to control their urge of micturation for a longer periods and 26.8% DO NOT have to be at place of work continuously for a fixed period of time. This is also mostly concerned with nature of job. The study shows that 73.2% of the total population of the study have to continuously be at their place of work or desk and are thus are compelled to suppress their urge of micturation and therefore show symptoms of mutraveg dharan.

**Question 6- Do you tend to avoid your urge of micturation while going to sleep at night?**
67% taking part in the research project DO NOT tend to avoid urge of micturation while going to sleep at night. 29.9% SOMETIMES tend to avoid urge of micturation while going to sleep at night. 3% ALWAYS tend to avoid urge of micturation while going to sleep at night. The main cause of this may be because of being too tired or due to nature of job or due to habit.

**Question 7-Do you tend to suppress your urge of micturation while travelling?**
62.9% tend to SOMETIMES suppress urge of micturation while travelling. 23.7% tend to ALWAYS suppress urge of micturation while travelling. 13.4% DO NOT suppress urge of micturation while travelling.
86.6% of the total study population tends to suppress urge of micturation while travelling. Thus contributing to symptoms of mutraveg dharan.

This is also mostly due to lack of facilities in public transport such as trains, buses etc. This is also mainly seen among Female participants of the study as they are more likely to suppress urge of micturation during long hours of travelling due to lack of facilities.

**Symptoms of Mutravegdharan**

23.71% of the study population show mild symptoms, 71.13% of the study population show moderate symptoms and 5.14% of the study population show severe symptoms of mutraveg dharan.

These changes in degrees of severity or absence of certain lakshanas seen in some individuals may be also due to habits related to veg dharan, individual prakruti, the dietary habits of the individual along with vihar.

**DISCUSSION ON STATISTICS**

On the basis of the observations appropriate statistical tests were applied.

On Application of statistics on the Questionaire score i.e the tendency of suppression of mutra veg and the score of the total symptoms of mutraveg dharan seen were found to be statistically signigicant Hence the hypothesis that suppression of mutra veg gives rise to mutra veg dharan symptoms is accepted with the help of this study.

On the basis of statistical tests we can hence conclude that the tendency of suppression of micturation and the severity of the symptoms seen vary according to different professions.

Means plot suggests that tendency of mutra veg dharan is higher for shopkeepers than the other occupations followed by drivers then doctors then students and it is least for teachers.

Major cause for this can be attributed to lack of faccilities and due to the face to face dealing with customers, shopkeepers tend to do more suppression of mutra veg, similar is the case of drivers and doctors.

It is comparatively less in students and least in teachers who have easier access to faccilities in their respective schools and colleges and can comparatively take frequent bathroom breaks.
Means plot for symptoms of mutra veg dharan. The means plot suggests that total severity of symptoms seen of mutraveg dharan is higher for shopkeepers than the other occupations. It is least for students. As the tendency of mutra veg dharan is seen highest in shopkeepers the severity of of symptoms seen in them is also highest followed by drivers, doctors, teachers least for students.

CONCLUSION

- Out of 97 individuals taking part in the study all participants who suppress the urge of micturation show mutraveg dharan janya lakshanas in varying degrees of severity.
- Out of 97 study population 23 participants (23.17%) showed mild symptoms of mutraveg dharan, 69 participants (71.13%) showed moderate symptoms of mutraveg dharan and 5 participants(5.14%) showed severe symptoms of mutra veg dharan.
- Vankshan Anah(stiffness in the groin region) is the most common symptom arising due to mutra veg dharan and bastimehan shool(pain in the area of urinary duct) shiroruja(headache) and mutrakrucha(painfull micuration) are the next common symptoms respectively.
- Vinam(forward bending of the body due to pain)is the least common symptom arising due to mutra veg dharan.
- Tendency of mutra veg dharan is higher for shopkeepers than the other occupations. Followed by drivers then doctors then students and It is least for teachers
- Severity of symptoms seen of mutraveg dharan is higher for shopkeepers than the other occupations, followed by drivers, doctors and then teachers. It is least for students.

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